



# VITAL SIGNS

## NRMC MAINTAINS ACCREDITATION!

The Naval Regional Medical Center, Orlando, has been awarded the Certificate of Accreditation by the Joint Commission on Accreditation of Hospitals (JCAH). The two-year accreditation became effective on 18 June 1979.

This medical facility was commissioned as a Naval Hospital in July 1968. The initial survey by JCAH was accomplished shortly thereafter and a two-year accreditation awarded May 21, 1969. This hospital has successfully maintained the accreditation in two-year increments ever since!

The accreditation means that the medical center has voluntarily chosen to be measured by the standards developed by the Joint Commission and has been found

to be in compliance with them. These standards set forth optimal achievable goals of excellence as a measure for evaluation by both the hospital and the Joint Commission. The accreditation program assists hospitals in pursuing a much higher quality of health care through education, self-evaluation, and consultation.

The JCAH is a private, non-profit, organization whose primary purpose is to promote high quality in the provision of health care and related human services. Member organizations of the Board of JCAH are the American College of Physicians, the American College of Surgeons, the American Hospital Association, and the American Medical Association.



HAPPY 203rd BIRTHDAY,

AMERICA!

4 JULY 1979





**JUNE PERSONNEL INSPECTION****Noted for excellence:**

LT R. W. Black  
 LT R. E. Elster  
 LCDR W. K. Bott

HMC J. D. Edgmon  
 HM1 E. E. Manley  
 HM1 R. P. Edmondson  
 HM1 J. E. Craig  
 HM2 R. G. Cruz  
 HM2 J. J. Arias  
 HM2 F. D. Bourrie  
 HM2 J. L. Dubose  
 HM2 M. L. Blagmon  
 HM3 J. T. Potts  
 HM3 C. I. Bockrand  
 HM3 T. L. Hulbert  
 HM3 D. W. Bement

**HOSPITAL #1 SOFTBALL TEAM  
 CAPTURES 1979 CDR'S CUP**

Front row (left to right): Mike Fields, Bob Elster, Tony Mayo, Dave Carlson, Paul Mowbray, Phil Black.  
 Back row: Don Rosenbaum, Winston Tedin, Coach Romano, Al Wright, Mickey Thompson, Tom Hill, Rich Desomma.  
 Not pictured: Ed Niec, Mike Nestlebusch, and Jim Gifford.

**WHOOOZZIT??**

**DO YOU KNOW THIS STAFF MEMBER??**  
**(Answer on Page 8)**

**CORRECTION**

In the June issue of "Vital Signs", the donator of the cash award for the Junior Nurse of the Year was incorrectly identified. The cash award is donated each year by Rear Admiral Bartholomew W. Hogan, MC, USN (Ret.) Admiral Hogan was the Surgeon General of the Navy from 1955 to 1961. He now resides in Lake Wales, Florida.

**VITAL SIGNS STAFF**

Editor:  
 HMCM(SS) R. C. Clements, USN  
 Managing Editor:  
 Mary V. Van den Heuvel  
 CDR N. J. Stewart, NC, USN  
 HM1 G. A. Coy, USN  
 HM1 J. D. Campbell, USN  
 HM2 S. P. Foster, USN  
 HN E. Kehoe, USN

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Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN  
 Editor: HMCM(SS) R. C. CLEMENTS, USN

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VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS appropriate credit must be given.



We're Glad You're Here!

LCDR T. Narut, MSC, fm Camp Lejeune  
 LTJG K. Fauth, NC, fm Newport  
 LCDR L. Spitz, MC, fm Roosevelt Rds  
 LT J. Ulcickas, MSC, fm NRMC Subic Bay  
 LT F. Conroe, MSC, fm NRMC Charleston

HM3 S. Alfieri fm NSHS Oakland  
 HA R. Dyson fm HCS SDIEGO  
 HM3 G. Cate fm NRMC Oakland  
 HM2 W. Matlock fm NRMC SDIEGO  
 HN J. Dina from Portsmouth  
 HM1 F. Martinick fm Yorktown  
 HA M. Brennan fm HCS GLAKES  
 HMC G. Turner from NRMC Naples  
 HN G. Bessing from NRMC Portsmouth  
 HR J. Cabrero fm HCS GLAKES  
 HN L. Davis fm HCS SDIEGO  
 HM3 R. Carrerosune fm NRMC Oakland  
 HR K. Cooks fm HCS GLAKES  
 HM3 V. Jacobs fm NSHS Bethesda  
 HM3 D. Farr fm NSHS Portsmouth  
 HN C. Kaser fm NSHS SDIEGO  
 HM3 K. Tiffany, NSHS GLAKES  
 HN C. Giles fm NSHS SDIEGO



SAILOR OF THE QUARTER



HM3 Larry A. Brown, USN, NRMC Annex, has been selected as the Naval Regional Medical Center's Sailor of the Quarter for Second Quarter 1979.

Petty Officer Brown was selected for his outstanding performance, personal conduct, appearance and devotion to duty.

Petty Officer Brown recently re-enlisted under the Guard III program for six years and a guaranteed assignment to the 2nd Marine Air Wing. He will be detached in September.

We're Sorry You're Leaving!

LCDR R. C. Walker, MC - RAD  
 LT R. L. Smith, MSC - Trf to  
 USS FORRESTAL  
 LCDR M. Johnson, NC - retired  
 LT R. J. Walsh, MSC - RAD  
 LCDR J. M. Tatum, MC - RAD  
 LT B. L. Harris, NC - Trf to  
 NavHosp Beaufort  
 LCDR E. S. Reynolds, MC - RAD  
 LCDR E. W. Moy, MC - Trf to  
 NRMC Portsmouth  
 LCDR B. A. Hvizdo, NC - Trf to  
 NSMC Groton

HM2 R. R. Bratsven - RAD  
 HM3 R. Brown - RAD  
 HM2 J. Arias - Trf to NRMC Okinawa  
 HM2 G. N. Meldrum - RAD  
 DT1 G. Rimando - Trf to FMSS  
 Camp Lejeune  
 HMC G. E. Eder - Trf to 3rd  
 MarDiv Okinawa  
 HMCM J. L. Phillips - Trf to  
 Ft Detrick, MD  
 HA G. E. Mayfield - RAD  
 HM3 J. Novello - Disch  
 HM3 D. Coy - Trf to Br Clinic,  
 Pearl Harbor  
 HM1 G. Coy - Trf to 1st MarBge  
 Kaneohe  
 HM3 G. Lloyd - Disch  
 HM3 P. Ingersoll - Disch  
 HM3 V. Lofaro - Trf to NRMC Naples  
 HMCS T. A. Ryan - Trf to NRMC Okinawa  
 HM2 A. Mayo - Trf to FMSS Camp  
 Lejeune  
 HN W. L. Wilson - RAD  
 HN M. L. Otrich - RAD







THE LAB COLLECTING SPECIMENS OF GOOD CHEER!



HOSPITAL

CORPS



ROOT, ROOT, ROOT - FOR THE HOME TEAM!

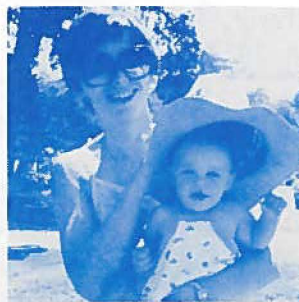


WHERE'S THE BASE?



WHO'S THE MOVIE STAR?

15 JUNE



BABY - YOU'RE THE GREATEST!  
(Douglas Ingersoll, Jr.)



CLEANEST TABLE AT THE PICNIC!



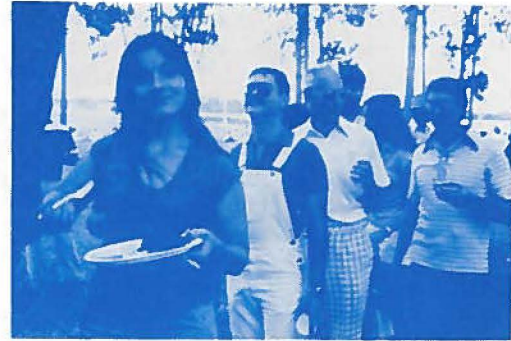
THE SUNSHINE BOYS!

**ANNIVERSARY**

**PICNIC**



WHO'S MINDING THE STORE?



HOT DOG!

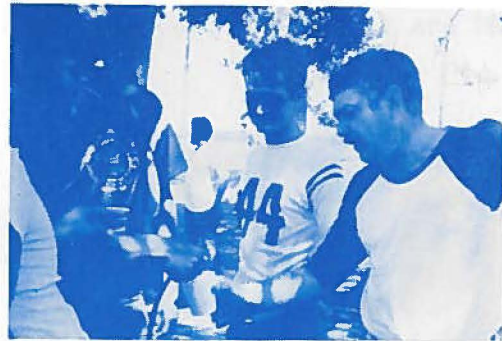


NRMC FRISBEE CHAMP?

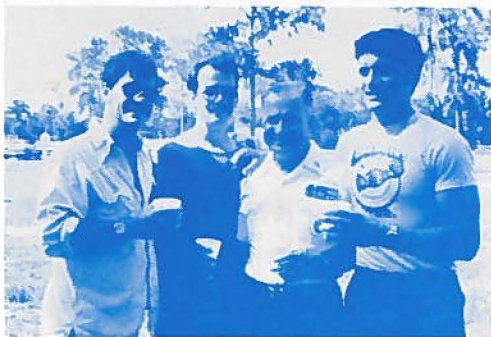
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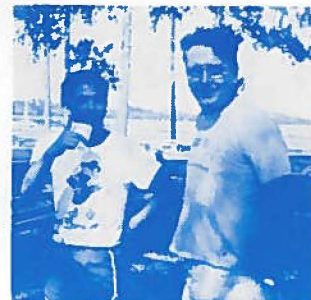
THE CUPS RUNNETH OVER!



TESTING ORAL VACCINE!



DRY DOCS?



SHIPWRECKED AND MAROONED!



## NEW FIRST & SECOND CLASS PETTY OFFICERS



(Left to right) Captain Zimble, HM1 Marcelo A. Gayahan, HM1 Edward E. Manley, DTI Don E. Hackett and HM1 David L. Draime.



(Left to right) Captain Zimble, HM2 Harold T. Frank, HM2 Joseph F. Nash, HM2 Johnny "B" Perry, HM2 Gerald J. Collins, HM2 Kevin R. DeWald and HM2 William Russell.





## NEW THIRD CLASS PETTY OFFICERS



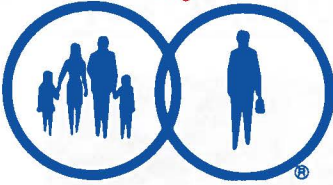
(Left to right - front row) Captain Zimble, HM3 John Caracappa, HM3 Ismael Martinez, HM3 Craig D. Mace, HM3 Donald Parrish, HM3 Brenda Schademan, HM3 Wendi Phillips, HM3 James T. Potts and HM3 Donna R. Wilson. (Back row) HM3 Jan W. Flack, HM3 Jeral W. Carr, HM3 Garry D. Day, HM3 Leif Halvorsen, HM3 Douglas P. Brunk, HM3 Macfarlane Mervilus, HM3 Carl W. Schultz and HM3 Dana L. Tate.



(Left to right - front row) Captain Zimble, HM3 Robert J. Jones, HM3 Wanda N. Anthony, HM3 James L. Summitt, HM3 Glenn A. Dickson, HM3 Thomas D. Berlin, and HM3 John M. Cadrain. (Back row) HM3 Salvator Alfieri, HM3 Douglas Morris, HM3 Robert M. Frye, HM3 Richy McDaniel, HM3 James S. Haas, HM3 Maurice Shaw, HM3 James Williams, HM3 Theodore Williams and HM3 Jan A. Pierce.



## the Family Line .....



By CAPT C. Victor Romano, MC, USNR

### A LITTLE TOUCH OF KINDNESS.....

How many staff members have ever been placed in the position of being a patient? Have you ever wondered what it must be like for someone who is ill, seeking medical care, and being completely frustrated when they encounter non-sympathetic and non-understanding health care professionals? There are many times when a sympathetic or kind word would greatly reduce the apprehension and concern of our patients. In order to provide good health care, we must always keep in mind that not only do we treat symptoms of a disease but also the fears and apprehensions of the patient. So many times a situation can get out of hand and control lost when communication is disrupted.

Think how easy it would be to offer that extra bit of kindness to those people who are ill, confused and upset. Don't make the mistake of wearing a chip on your shoulder when you come to work, as it serves no purpose and can only be the means by which unnecessary complaints are lodged. In all areas of the hospital, we are highly visible and because of that our actions and performances are seen by everyone. If you see someone behaving in an unprofessional manner, perhaps it would be wiser for you to advise them of their behavior rather than someone in higher authority due to a letter of complaint being received. In my immediate family there have been 12 physicians and as part of my medical training I will always remember their advice: treat patients in a manner that you would wish your own family to be treated. I strongly recommend we all follow the above thought when we next have a patient. Always remember, a kind and compassionate word or act can do wonders for patients.



## LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

In this column, the Laboratory Staff will endeavor to foster and strengthen communication with other Clinical Services. Pertinent items of policy, cost containment and newer developments will be addressed. Your questions and comments are welcome.

The new Laboratory S.O.P. is now available and will be distributed shortly. Please discontinue the use of "Unicul" (Medex) culture tubes. For all routine cultures the "culturette" is ideal, and contains modified Stuart's transport medium, preventing dryout for at least 72 hours.



Federal Women's Program

By Carolyn Smith, NRMC's FWPM

### IN-HOUSE PROGRAMS

Last month's in-house program by LT Black on "Outpatient Service - A Part of the Team" was an outstanding presentation. LT Black not only explained the upper echelon, but also how every employee at NRMC is a part of the team.

Captain's Call will be held 10 July. I haven't received any questions, so how about taking pen in hand and jotting down a few? You can send the questions to me at Code 17-D. We do need them in advance to give the Captain time to prepare his answers.

### Family Line "QUOTES"

"No man who continues to add something to the material, intellectual and moral well-being of the place in which he lives is left long without proper reward."

Booker T. Washington



**NURSING****SERVICE**

CDR N. J. Stewart, NC, USN

**MOTIVATION**

Motivation is a much maligned, over-franchised, over promoted, and misunderstood term. The word motive is defined as that within the individual which excites them to action. It is not something we are born with nor can it be bought. It is not extraneous. No amount of counseling or pep talks by superiors, or talks with subordinates will motivate. No doubt these will provide concepts, education, encouragement and inspiration for us to turn-on our creative powers but only if we want to. Only when the reward has been interpreted and internalized, does it become a motivating power.

Motivation is really an emotional state. The two key emotions which are dominate in all human motivation are fear and desire. Fear is a most powerful negative motivator. It compels, inhibits, restricts, tightens, panics, forces and ultimately scuttles plans and defeats the goals. Desire, on the other hand, attracts, reaches, opens, directs, encourages and achieves goals. Fear always looks to the past, vividly replaying haunting experiences of failure, pain, disappointment or unpleasantness; desire looks to the future and triggers memories of pleasure, success and excites the need to replay these and create new experiences.

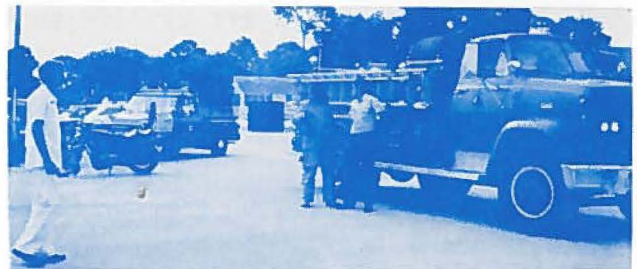
Fearful persons say: "I can't." "I see risk." Persons with desire say: "I can." "I will." "I see opportunity." Fear creates distress, anxiety, sickness, hostility and, when carried to extremes, can cause psychosis and death. Desire can be described as the emotional state between where you are and where you want to be.

Tension can either be good or bad. Negative tension, created by fear, is bad. Positive tension, created by desire, is good. Anyone who does not experience tension is either asleep or dead.

We should look at risk as opportunity and we should not fear the penalties of failure. The innovative powers of fear are unfortunate. People dominated by fear cannot act by choice or positive intent - they go through life reacting defensively and incapacitated.

Success in life is not reserved for the talented, the high IQ, or the rich. Our success is almost totally dependent upon our drive and persistence. When you fear a possible outcome, you are setting it up to be achieved.

Everyone of us at NRMC is self-motivated: either a little bit or a whole lot; positively or negatively. Even a decision to do nothing, is a decision based on motivation.

**WHAT'S GOING ON?**

**The Code RED in the ER on 26 June  
wasn't a drill!**





### Chaplain's

### Comments

By LCDR W. E. TUMBLIN, CHC, USN

#### HAPPINESS?

Alcibiades, the gifted but unscrupulous Greek, was noted as an unhappy man. Someone asked Socrates why it was that Alcibiades, who had traveled so much and had seen so much of the world, was still an unhappy man. The sage answered, "Because wherever he goes, he always takes himself with him."

We pursue happiness, adventure, and fulfillment day after day. To be a "go-getter" is almost synonymous with being American, at least the desirable American. Yet happiness is elusive, somehow seeming to always be found in the next assignment, the next lover or spouse, the next segment of life after military service. It is a rare occasion to hear a person affirm that they are happy in the present tense.

Getting down to those feelings, hopes, and memories that are personal can be a scary experience. Living out of the depths of our lives that colors the world we see is often prevented by ceaseless activity. We become numbed by the parades of life. Yet ourselves cry out for recognition, love, and meaning. Ortega Y. Gasset pointed to this reality by saying, "Life is essentially a desperate struggle to succeed in being in fact that which we are in design."

Self-harmony is built upon self-esteem. The great betrayers of life such as self-disgust, self-estrangement, and self-exaltation distort healthy regard for self. The wisdom of Israel knows this truth. When asked by a lawyer which was the greatest commandment, Jesus replied "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself."

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PIPE . . . .

NINE



HMCM J. H. PHILLIPS, USN

#### NEW MCPOC

HMCM(SS) R. C. Clements, USN, will relieve HMCM John H. Phillips, USN, as Command Master Chief on 5 July 1979.

Master Chief Phillips is being transferred to the U.S. Army Medical Intelligence and Information Agency, Fort Detrick, Maryland, where he will work as a personal representative of the Surgeon General.



HMCM(SS) Clements (left) and HMCM Phillips

. . . .

Master Chief Clements has served as the assistant to the director of administrative services since July 1977. He entered the Navy in August 1954 and has served at three naval hospitals including Corpus Christi; Portsmouth and Orlando; Force Troops FMFPAC; dispensaries at NAS Jacksonville and NAS Oceana. He served a one year tour on the USS FORRESTAL (CVA-59) and squadron medical representative for Mine Squadron 12. During the majority of his career, he has served on independent duty with the Submarine Force where he participated in 12 Polaris/Psoidon deterrent patrols. During five of these patrols, he served as Chief of the Boat and senior enlisted advisor in addition to his medical department duties.

Farewell, Master Chief Phillips!  
Good luck, Master Chief Clements!



## CIVILIAN SICK LEAVE = INSURANCE POLICY

Ever think of your sick leave as an insurance policy? No? Then perhaps you should.

Where could you find better sickness/disability insurance than the sick leave program enjoyed by federal employees? We earn 13 days sick leave per year, with no ceiling on the amount you can accumulate.

Accruing 13 days a year, most employees build up a "sick leave insurance policy" in a relatively short period of time. This sick leave can insure that the employee's income continues in the event of a lengthy illness. Many employees go to great lengths to build this "insurance policy." When feasible, they schedule appointments with physicians and dentists during non-working hours, practice preventive health care to stay as healthy as possible, and use sick leave only when their health dictates that their presence at work would be a detriment to themselves or their fellow workers. In this way they make sure their incomes are well insured against lengthy illness.

And what if they never need this "insurance?" Great! Then the investment made in this "insurance policy" converts into a retirement benefit. Upon retirement the employee's sick leave balance is added to his/her length of service, thus increasing the amount of the annuity received.

Sick leave is an asset, so spend it wisely!



## CRA NOTES



By Joyce Sienia

### LUCKY THIRTEEN PARTY!

JULY - "FRIDAY THE 13TH"

BEER & PIZZA

\$\$ CASH DOOR PRIZES \$\$

STARTS AT 1630 AT THE CHIEF'S CLUB

50¢ ADMISSION

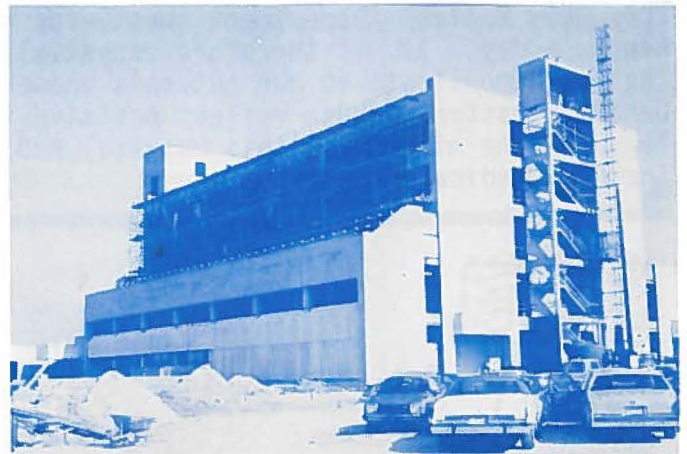
ALL NRMC & NRDC CIVILIANS AND MILITARY

ARE INVITED!

### Birthdays

CRA BIRTHDAY GREETINGS TO: William Green on 1 July; Millie Johnson, James Matthews on 2 July; William Holton on 3 July; Evelyn Rhodes on 8 July; Judith Wells on 9 July; Charles Fowler on 13 July; Hazel Jewell on 14 July; Betty Lyerly on 15 July; Carmen Olmeda on 16 July; Marlene Lopez on 17 July; Delores Nader and John White on 18 July; John Hardemann on 19 July; Phyllis Schmidt on 21 July; Sheila Simmons on 23 July; Francis Reilly on 24 July; Marcia Clark, Marie Lamothe, and Homer Mills on 26 July; Esmeria Maletta on 30 July; and Louisa Littleton, Corinne on 31 July.

## IT'S PROGRESSING!







# ASK THE SKIPPER



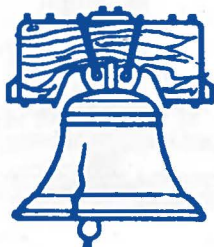
CAPT J. A. ZIMBLE, MC, USN

Since the last issue of Vital Signs, I have received no questions or comments for this column. This, of course, affords me the opportunity to speak from the soap box on a topic of my own choosing. I shall therefore speak of fish bowls.

In order to deliver effective quality care to our patients, we must first win their trust. This institution, composed of 700 individual staff members, can only hope to win that trust by example. For that reason we live in a fish bowl. We are expected - and justifiably so - to exemplify salubrious behavior. In less expensive words, we must practice what we preach.

Telling a patient that smoking is harmful to his health while your smoking cigarette lies in a nearby ashtray, detracts from the development of trust. Using - or rather, abusing - prescription drugs without medical indication reflects an image which is inimical to the capability of rendering medical care. Overdosing on potent over-the-counter drugs such as beer, wine or spiritus frumenti detracts from our credibility as health care providers.

Each member of the NRMHC staff, military or civilian, is a representative of the Navy Medical Department twenty-four hours a day. It is therefore essential that we demonstrate to our patients those behavior patterns which reflect positively upon the mission of this hospital and the Navy Medical Department.



## LCDR M. E. JOHNSON, NC, USN

### RETIRED 1 JULY



### WHOOZZIT?



HM3

Macfarlane Mervilus

USN

Patient Affairs Service